



## Black Bean Soup with Chorizo and Lime

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 30 ounce black beans unsalted rinsed mashed drained canned
- 2 cups chicken stock see unsalted (such as Swanson)
- 0.5 teaspoon chipotle chile powder
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons garlic minced
- 1 teaspoon ground cumin
- 1 tablespoon juice of lime fresh
- 0.3 cup cup heavy whipping cream sour reduced-fat

- 2 teaspoons olive oil divided
- 1 cup onion chopped
- 2 teaspoons oregano fresh chopped
- 1 cup bell pepper red chopped
- 0.3 teaspoon salt
- 3 ounces chorizo spanish quartered cut into 1/2-inch pieces

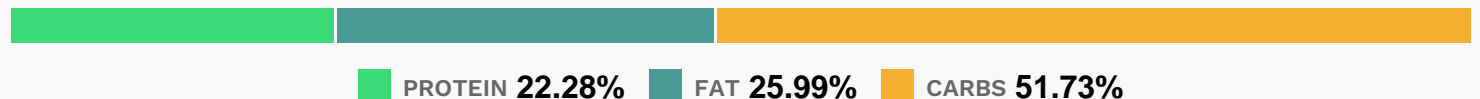
## Equipment

- bowl
- frying pan
- sauce pan
- ladle

## Directions

- Heat a large saucepan over medium heat.
- Add 1 teaspoon oil to pan; swirl to coat.
- Add chorizo; cook 3 minutes, stirring occasionally.
- Remove chorizo from pan (do not wipe pan).
- Add remaining 1 teaspoon oil to pan; swirl to coat.
- Add onion and bell pepper; cook 3 minutes, stirring occasionally. Stir in oregano and next 4 ingredients (through salt); cook 30 seconds. Stir in stock and beans. Bring to a boil; reduce heat, and simmer 3 minutes. Stir in cooked chorizo and juice. Ladle 1 1/4 cups soup into each of 4 bowls; top each serving with 1 tablespoon sour cream and 1 tablespoon cilantro.

## Nutrition Facts



## Properties

Glycemic Index:39.75, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:23.109565307265%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

## **Nutrients (% of daily need)**

Calories: 370.3kcal (18.52%), Fat: 10.86g (16.71%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 48.64g (16.21%), Net Carbohydrates: 31.78g (11.56%), Sugar: 5.58g (6.2%), Cholesterol: 21.92mg (7.31%), Sodium: 1151.09mg (50.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.95g (41.89%), Vitamin C: 58.67mg (71.12%), Fiber: 16.86g (67.44%), Folate: 165.48µg (41.37%), Manganese: 0.69mg (34.28%), Iron: 5.72mg (31.75%), Phosphorus: 300.8mg (30.08%), Potassium: 985.55mg (28.16%), Vitamin A: 1395.14IU (27.9%), Vitamin B1: 0.39mg (26.23%), Copper: 0.52mg (25.79%), Vitamin B2: 0.43mg (25.15%), Magnesium: 94.59mg (23.65%), Vitamin B6: 0.38mg (19.18%), Vitamin B3: 3.73mg (18.66%), Calcium: 134.74mg (13.47%), Vitamin K: 12.89µg (12.28%), Zinc: 1.63mg (10.84%), Selenium: 6.38µg (9.12%), Vitamin E: 1.2mg (7.98%), Vitamin B5: 0.59mg (5.87%), Vitamin B12: 0.06µg (1.01%)